Safe and unsafe situations

Elastoplast Kids First Aid PROGRAM

How many potentially unsafe situations can you spot in the kitchen?

What safe situations can you observe?

Making situations safer

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List some things you consider to be unsafe and develop another list of how these could become safer. Be prepared to explain why you think that these things are safe or unsafe.

Unsafe situations	How to make them safer
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

Making myself safer

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1. Draw a picture of a situation you think is unsafe. Include yourself in the picture.

2. Describe your drawing and how you are feeling. What can you could do to stay safe?

Additional Resources

Elastoplast Kids First Aid PROGRAM

Fact sheet: Burns and Scalds

healthdirect

Free Australian health advice you can count on.

Medical problem? Call 1800 022 222. If you need urgent medical help, call triple zero immediately

healthdirect Australia is a free service where you can talk to a nurse or doctor who can help you know what to do.

Burns and scalds

5-minute read

Listen

On this page

- What is a burn or scald?
- When should I call an ambulance?
- What should I do while waiting for an ambulance?
- What are the symptoms of a burn or scald?
- What causes burns and scalds?
- How to treat burns and scalds?
- Can burns and scalds be prevented?
- Complications of burns and scalds
- Related information on Australian websites

What is a burn or scald?

Burns are damage to the tissue of your body caused by heat, too much sun, chemicals or electricity. Scalds are caused by hot water.

Burns and scalds can range from being a minor injury to a life-threatening emergency. It depends how deep and how large they are.

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When should I call an ambulance?

Call an ambulance or go straight to your nearest emergency department if:

- the burn is deep, even if the patient does not feel any pain
- the burn is larger than a 20 cent piece
- the burn involves the airway, face, hands or genitals
- the skin looks leathery
- there are patches of brown, black or white
- the burn was caused by chemicals or electricity
- the patient is having trouble breathing

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What should I do while waiting for an ambulance?

First, remove the source of the burn:

- If the patient is on fire, drop them to the ground and roll them or cover them in a blanket to put out the flames.
- If there is an electrical current, turn off the electricity.
- If it's a chemical burn, take off any contaminated clothing and wash the affected area of skin with plenty of water. For dry chemicals, brush off the chemicals before putting the burnt area under water.

As soon as possible, put the burnt area under cool running water for at least 20 minutes:

- Don't use ice (only apply water to the burnt area).
- Remove any clothing or jewellery near the burn.
- Don't remove anything that is stuck to the burn.

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www.healthdirect.gov.au/burns-and-scalds

Fact Sheet: Wound Care Three Steps

Elastoplast

Home › The Elastoplast Wound Care

Follow us on

The Elastoplast Wound Care Routine

Prevent infection for up 2 times faster healing.

Whether it's a small cut on the finger or even a surgical wound with stitches, wounds are part of everyday life. Howe can be hard to know if you're doing the right thing when treating your wound or helping others. Fortunately, a good care doesn't have to be complicated!

Depending on their type, size and location, most wounds can be treated easily at home. A good wound managemer consists of 3 steps:

1. Cleanse: A clean and cleansed wound is the first step to an optimal healing. Cleanse your wound from dirt, bacte visible particles with the Elastoplast Wound Spray to prevent infections.

2. Protect: The second step is to protect your wound from dirt and bacteria to enable an undisturbed healing. Cove wound with an Elastoplast Plaster or Elastoplast Wound Dressing.

3. Heal: In a third step, you can help your wound to heal faster, with a lower risk of scarring. Apply the Elastoplast W Healing Ointment regularly until the wound has healed completely.

Following these three simple steps will help to prevent wound infections, support faster healing and improve the appearance of your healing skin. This way, you can be sure you've done the right thing for you and your loved ones.

https://www.elastoplast.com.au/first-aid/wound-care/routine-home

What can burn you?

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1. Colour in all the things you think could burn you.

2. List the unsafe situations you found.

Wounds

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1. Cut out the below images and follow the instructions on the next page.

Plaster

Cream

Spray

Wash under cold water for 20 minutes

Wounds

Elastoplast Kids First Aid PROGRAM

2. With the images you have cut out – paste them in the correct order when treating a wound. Cut and paste the pictures into the right order, matching each picture with its description. Be prepared to explain your choices to your teacher.

1.		
2.		
3.		
4.		

Additional Resources

Emergency information downloads

Fact sheet: Emergency Helpers

https://www.ambulance.nsw.gov.au/__data/assets/pdf_file/0008/552545/Teacher-Resource-Kit-Emergency-Helpers-Program.pdf

Fact sheet: How to call 000

https://www.triplezero.gov.au/triple-zero/How-to-Call-000

What is an Emergency?

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Circle all of the images that are real emergencies.

Additional Resources

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Video examples of emergency calls.

ESTA000
Teach your children when and how to call triple zero (000)

https://www.youtube.com/watch?v=8_uppTPJWfI

Channel 10
000 Emergency

https://www.youtube.com/watch?v=H0202J48zZA

Triple Zero (000)
Australian emergency phone number

https://www.youtube.com/watch?v=GEDHp_gKkqo

Fire and Rescue NSW
What happens when I call Triple Zero 000?

https://www.youtube.com/watch?v=2k91afXuIJU

Emergency Details

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1. In an emergency I should call the number:

_____ _____ _____

2. Name the three types of emergency departments:

_____ _____ _____

3. Knowing your personal details is very important for emergency calls. Fill in your details below.

My name is: _____

My address is: _____

_____

My phone number is: _____

My parent/s or carer's name/s is/are:

_____

_____

Once you have completed the activity, take this home with you to stick on the fridge.

000 Role Play - Police

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Police

Teacher:
Police, fire, ambulance?

Student:
Police

Teacher:
What state and town are you calling from?

Student:
[insert state and town or suburb]

_____

Teacher:
What phone number are you calling from?

Student:
[insert phone number]

_____

Teacher:
What is your emergency?

Student:
[insert emergency]

_____

Teacher:
Where are you now?

Student:
[recites the address]

_____

Teacher:
Okay, the police are on their way. Stay on the line. Can you tell me what the person looked like?

Student:
[insert answer]

_____

Teacher:
Can you remember what kind of car they were driving?

Student:
[insert answer]

_____

Teacher:
Are the police there yet?

Student:
Yes, they are here.

Teacher:
Okay, you can hang up now. Great job!

000 Role Play - Fire

Elastoplast Kids First Aid PROGRAM

Fire

Teacher:
Police, fire, ambulance?

Student:
Fire

Teacher:
Fire emergency. What is the exact address of your emergency?

Student:
[insert state and town or suburb]

_____

Teacher:
What's your name

Student:
[insert name]

_____

Teacher:
Tell me exactly what's happening.

Student:
[insert emergency]

_____

_____

_____

Teacher:
This is very important.
You need to get out of the house, away from the fire. Get down on your hands and knees. Crawl to the door and get outside.
Shut all the doors behind you.
Do you understand?

Student:
Yes.

Teacher:
Okay. Hang up now and get out of the house.

000 Role Play - Ambulance

Elastoplast Kids First Aid PROGRAM

Ambulance

Teacher:
Police, fire, ambulance?

Student:
Ambulance

Teacher:
What state and town are you calling from?

Student:
[insert state and town or suburb]
_____

Teacher:
What phone number are you calling from?

Student:
[insert phone number]
_____

Teacher:
Where is your emergency?

Student:
[recites their address]
_____

Teacher:
What is your emergency?

Student:
[insert emergency]
_____

Teacher:
Okay, an ambulance is on its way. Stay on the line. Is [insert name] _____conscious?

Student:
[insert answer]
_____

Teacher:
Is [insert name] _____ breathing?

Student:
[insert answer]
_____

Teacher:
[motions for the paramedic students to enter] Is the paramedic there yet?

Student:
Yes, they are here.

Teacher:
Okay, you can hang up now. Great job!